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## WEIGHT FOR HOCKEY STICK

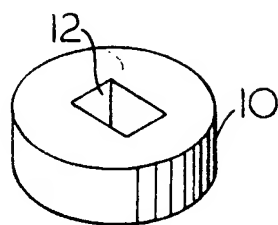


FIG. 1.

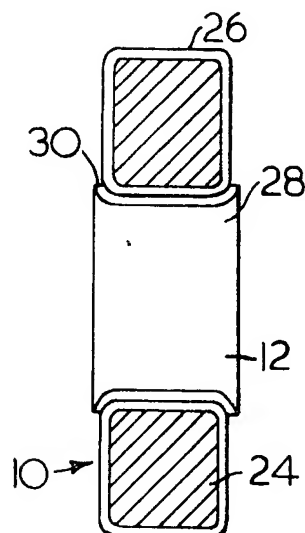


FIG. 2.

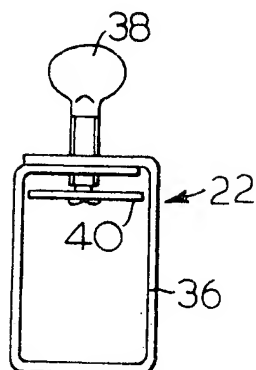


FIG. 5.

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# CANADIAN PATENT

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WEIGHT FOR HOCKEY STICKS

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5

This invention relates to the game of ice hockey and in particular a training device for use with hockey sticks.

Several proposals have been made in the past towards training devices for hockey players. These have included pucks with added weight in excess of the regulation six ounces and special sticks having wide blade portions with a socket therein for retaining a heavy plug. However, such devices have several shortcomings. Weighted pucks, for example, are useful only for a puck-carrier and are not recommended for use against goal tenders because of possible injury. Moreover, for shooting practice they fail to provide any value in the follow-through, one of the most important aspects in shooting. The special sticks mentioned above require special manufacturing processes and are therefore excessively expensive with the result that they have not been favourably received by the sport.

The present invention provides a solution to the shortcomings of the prior art by providing a weighted disc that is easily attached and detached from a hockey stick of either the normal type or goalie sticks. The disc is at least as heavy (6 oz.) as a regulation puck and preferably heavier, say one, two or three pounds, depending on the age, size and strength of the player.

Unlike baseball or golf where the bat or club is used only to strike the ball, a hockey player must use his stick in all aspects of the game other than skating. He must be able to carry the stick in one or both hands, use it in shooting; goal tending; poke, sweep and hook checking and passing as well as puck-carrying while skating where the art of stick-handling comes into play.

A hockey player can develop the above skills to a finer degree with the above skills to a finer degree with the handicap of the disc of this invention on his stick. One or more discs can be used on a stick when practicing with a regulation puck, or a further disc can be used in place of the puck to further handicap the player in stick handling, passing and shooting.

Goal tenders are called upon to make numerous moves with sticks, and all with one hand only. The goalie must quickly thrust his stick laterally, forwardly and vertically to block or steer away shots that he cannot meet with his glove hand, legs or body. The weighted disc of this invention in use on a goal

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The embodiments of the invention in which an exclusive property or privilege is claimed are defined as follows:

1. A training device for use in combination with a hockey stick comprising a disc formed of resilient material having a diameter substantially that of a regulation hockey puck, a rectangularly shaped aperture in the centre of the disc whereby the disc may be slid onto the shaft of a hockey stick, the weight of said disc being at least that of a regulation puck whereby said disc may be used as (a) a weight for a hockey stick or (b) a puck for playing with the stick, or wherein a plurality of such discs may be used simultaneously as weights and pucks.
2. A training device according to Claim 1 wherein the disc has the dimensions of a regulation puck and is coated with a plastic material.
3. A training device according to Claim 1 including means for releasably retaining the disc on the shaft of a stick.
4. The training device according to Claim 3 wherein the retaining means comprises a ring shaped member adapted to slide down over the shaft and press against the disc, and a threaded locking screw on said ring for securing it against the disc on the stick shaft.
5. A disc according to Claim 1 including a resilient liner inserted in the aperture of the disc.

